

# Health and Safety On Demand Modules



## Nutrition and physical activity

Childhood Obesity Prevention:

*Let's Move! Child Care* Introduction

Childhood Obesity Prevention: LMCC

– Increase Physical Activity

Childhood Obesity Prevention: LMCC

– Limit Screen Time

Childhood Obesity Prevention: LMCC

– Support Infant Feeding

Childhood Obesity Prevention: LMCC

– Serve Healthy Food

Childhood Obesity Prevention: LMCC

– Offer Healthy Beverages

Super Snacks

Supporting Families in Healthy Living

## Safe sleep practices/SIDS

Safe Sleep Practices for Caregivers:

Reduce the Risk of SUID

A Good Night's Sleep: How Sleep Affects Health

## Recognition of child abuse and neglect

New Staff Orientation: Get Started

Stress: Seeing With Optimism

Resilient Caregivers: 'Bouncing back' from Stress

Be Clear on Clearances

Coaching and Mentoring: Supporting Staff

## Poison prevention

Keep Children Healthy and Safe: Air Quality

Keep Children Healthy and Safe: Reuse & Recycle

Keep Children Healthy and Safe: Toxins

Keep Children Healthy and Safe: Green Cleaners

Your #1 Priority: Keeping Children Healthy and Safe

## Shaken baby syndrome

New Staff Orientation: Working with Infants and Toddlers (available August 2014)

## Caring for children with special needs

Are you Ready for a Child with Special Needs?

Inclusion: Exploring the Meaning and the Mindset

Help Parents and Families be Advocates for Children with Disabilities

Helping Youth with Autism to be Successful in After School Programs

## Child development

Developmentally Appropriate Practice (DAP): An Introduction

Creating Special Moments with Infants and Toddlers

Understand and Support Children's Language and Social/Emotional Development

Understand and Support Children's Physical and Cognitive Development

Understanding Temperament

What Does Brain Research Tell Us about Infant Care

Executive Function Skills: Foster with Play

Move Beyond Time Out to Responsive Caregiving

## Preventing spread of infectious disease

Guiding Behavior: Responding to Biting and Teaching Sharing

New Staff Orientation: Get Started

New Staff Orientation: Working with Infants and Toddlers (available August 2014)

Playing Detective about Biting

### Video Vodcasts

Hand Washing 101

Diapering 101

Changing Pull-ups and Soiled Underwear

## Emergency preparedness and response

Developing an Emergency Preparedness Plan

## Transportation and child passenger safety

Supervision: Moving Children

## Supervising children

Keeping Children Safe on Playgrounds

Safe and Smart Supervision

Supervision: Counting Children

Supervision: Playground Supervision

Supervision: Positioning – Where Do I Stand?

Supervision: Staff: Child Ratios

Supervision: What's Required?

Supervising Children in Family Child Care

Supervision: Teamwork

Balancing Child-Staff Ratios

Your #1 Priority: Keeping Children Healthy and Safe

### Access Better Kid Care's On Demand online professional development system to:

Create a free account

Read the research-based lesson content

Watch videos highlighting best practices

Complete reflection activities

Take the assessment

Print your certificate of completion

Eligible for CEUs • Act 48  
PQAS Hours • Accepted for CDA



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This material is based upon work supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture, and the Office of Family Policy, Children and Youth, U.S. Department of Defense under Award No. 2009- 48667-05833 developed in collaboration with Penn State University and the University of Nebraska. Any opinions, findings, conclusions, or recommendations expressed herein are those of the author(s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

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## BETTER • KID • CARE

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